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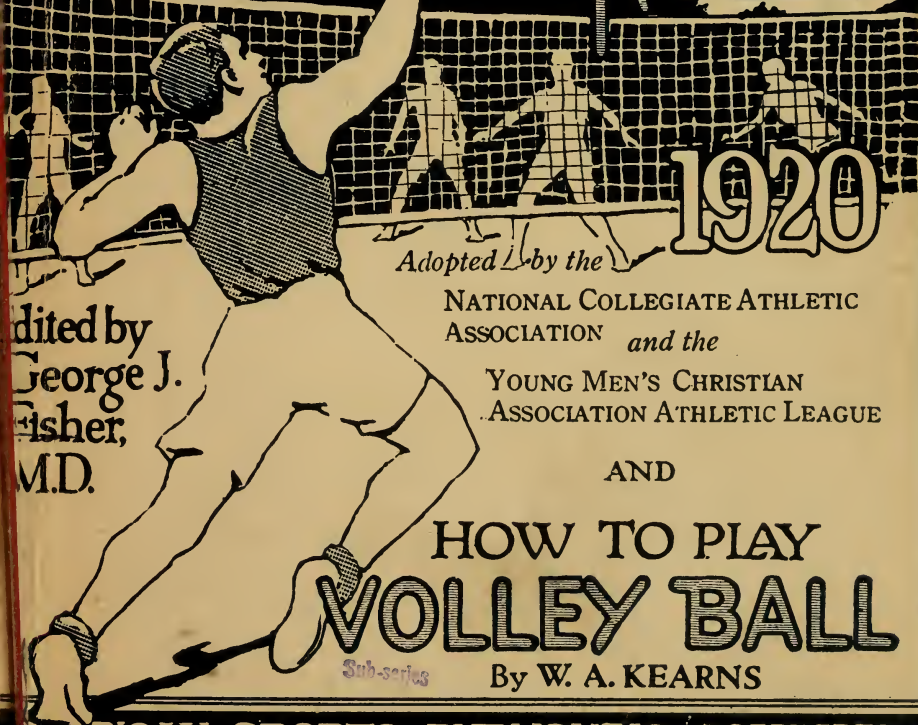
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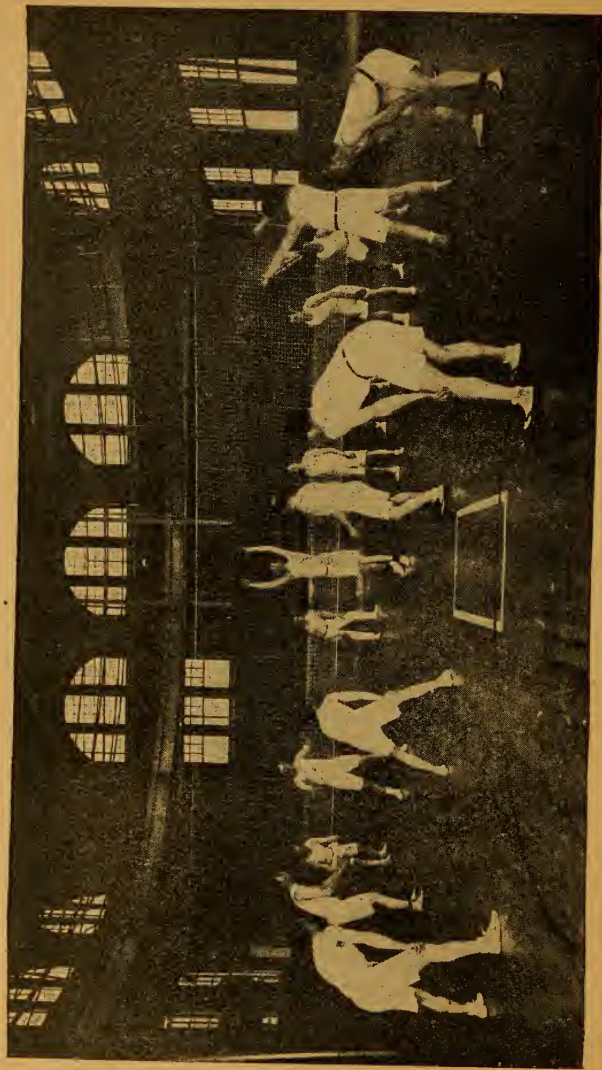
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OFFICIAL VOLLEY BALL RULES

As Adopted by Committees Representing the
National Collegiate Athletic Association and the
Young Men's Christian Association Athletic League

AND

HOW TO PLAY VOLLEY BALL

BY

W. A. KEARNS

EDITED BY

GEORGE J. FISHER, M.D.

PUBLISHED BY

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Introduction

Volley ball has grown tremendously in favor not only in America but around the whole world. It is a game which is adaptable to every nation and to every clime. It is now probably the most international of all games in its scope. It is readily adaptable to peoples who are unskilled in play as well as to those accustomed to the more highly organized sports. It is a game which can be played indoors or outdoors, and in the summer or in the winter. It requires very little space relatively and therefore is readily adapted to all manner of limitations. It is played in the company street of the army camp, in the corner of the shop, or the yard of the factory. It can be played on the asphalt street, on the corner lot, or even on the roof.

It is a game in which there is little of the complex and little to provoke dispute. There is no element of strain or undue muscular effort or nervous strain and little danger of injury. It is a happy game. It is a social game. It is a healthful game. As the ball is usually played above the head with both hands outreached it is conducive to good posture. The development of tournaments and leagues adds to the interest and makes possible the enlistment of many individuals. This game has become a permanent part of the recreative life of many nations.

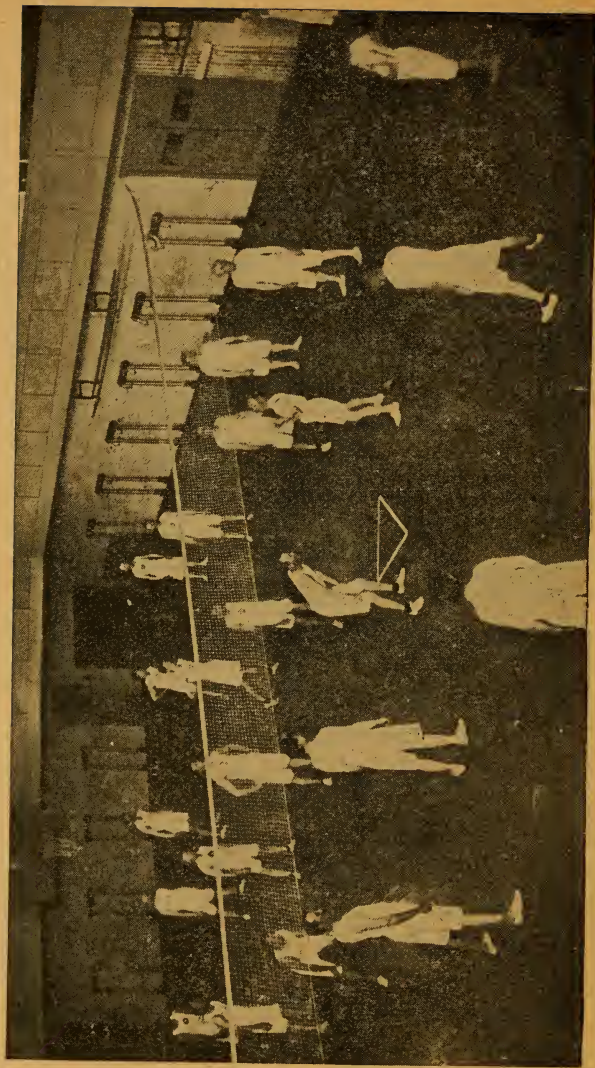
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VOLLEY BALL COURT AT THE PASADENA (CAL.) Y.M.C.A.

Ladd-Noon, Photo.

Changes in the Rules—General Comments

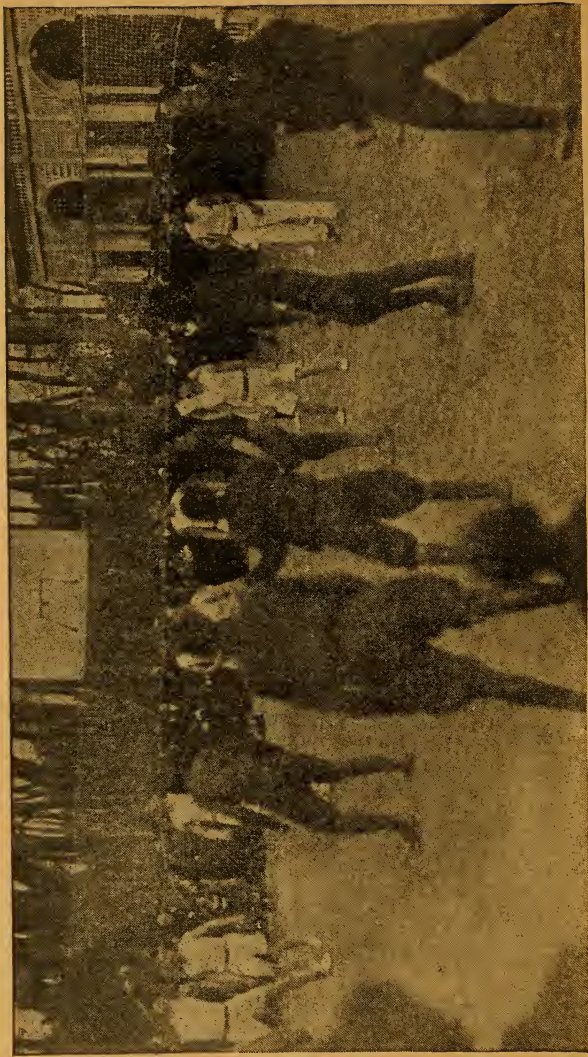
For the sake of clarity the rules have been recodified and reworded. The actual changes in the rules themselves are not as many as at first appear. In reframing the rules the Committee has kept in mind the fact that the indoor and outdoor games sometimes need separate consideration. See Rule I, Secs. 1 and 2; Note under Rule II; Rule IV, Secs. 2 and 3; Rule VIII, Secs. 5 and 10. The last clause of Rule VII, Sec. 4, may need to be modified on some courts where there is little or no out of bounds space at the ends.

Attention is called to Rule VI, Secs. 4, 5 and 6, having to do with the relative positions and the line decisions of the Referee and Linesmen.

Rule IX, Sec. 1. No player intentionally plays the ball with any part of his body other than his hands, but it often happens that a ball struck by one player hits the body of a team mate and bounds in such a way as to be recoverable. As the rule now stands such a ball is still in play and may be recovered by any player other than the one struck by the ball, provided that the ball has not already been touched three times. (Rule IX, Sec. 4.)

The most radical change is embodied in Rule IX, Sec. 4, and seeks to solve a problem that always has given trouble. "The ball may be touched only three times by one team before being returned over the net." The main weakness of the game in America is that but one style of offensive play has been developed or, according to good team play, allowed. Good team play has demanded that invariably the ball should be brought into the exact position for a "kill" at the net, irrespective of the number of strokes used. No real volley ball fan wishes to do away with the kill, but with no limit to the strokes permitted the game has grown slower instead of faster. Of course, if speed alone were wanted only one stroke would be permitted each time, but this would sacrifice team play entirely.

The present rule is adopted from the game as played in the Philippine Islands, China and Japan, where the three-stroke rule has given perfect satisfaction and has developed a wonderfully interesting combination of speed and team work. The theory



STUDENTS AT THE FRENCH SCHOOL OF PHYSICAL EDUCATION, AT ROYON, FRANCE, PLAYING AMERICAN SOLDIERS.

, The volley ball court is also used at times for basket ball, as notice the backstop.

is that if a team in two strokes can place the ball for a kill it is entitled to that advantage, otherwise the ball must be played over the net in the next best way possible. This means that every player must develop the ability to drive hard and accurately from back or mid-court into the poorly covered portions of the opponents' territory, for it often happens that the third stroke has to be played from an awkward position. The result will be a style of play more interesting to both the back court player and the spectator.

In some localities an attempt has been made to limit the number of strokes by not allowing a player who has touched the ball once to touch it again before it has been returned over the net, even though he does not violate the dribbling rule. While this was somewhat of an improvement it still permitted a maximum of strokes equal to the number of players on the team. Also, it was not always easy to keep track of just what players were "dead on the ball."

Years of experience in the Orient has demonstrated that it is much easier for both players and Referee to keep track of the number of strokes, especially when the limit is as low as three.

There are several other changes, strongly advocated by some, which the Rules Committee does not yet feel convinced would improve the game. Five of these, however, it was decided to append to the Rules in the form of "Notes," and the Committee will welcome comments from those who give any or all of these modifications a fair tryout.

Volley ball has come into great and wide popularity, but up to the present it has been passing through the evolutionary stage. The Rules Committee is confident that with this edition of the rules a long step has been made toward the goal of comparative stability reached by most of the other great team games.

The Committee is greatly indebted to Mr. Franklin H. Brown, National Y. M. C. A. Physical Director of Japan, for his suggestions and recommendations in the revision of the rules.



(1) Co. F. vs. Co. G, 15th New York Inf., at Camp Upton, New York. (2) Czecho-Slovak army in winter quarters at Ishim, Siberia, playing volley ball on a "warm" day—15 to 20 below zero is warm enough. The game is very popular with them.

Volley Ball Rules

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RULE I. GROUNDS.

SECTION 1. For the outdoor game the playing surface shall be a rectangular court not more than 90 feet long and 45 feet wide. Outdoor Court.

NOTE—A court 80 feet by 40 feet gets best results and is generally used in match contests.

SEC. 2. For the indoor game the playing surface shall be a rectangular court not more than 70 feet long and 40 feet wide, free from obstructions and having a height of 15 feet or more which is free from apparatus or other obstructions or projections. Indoor Court.

NOTE—A court 60 feet by 30 feet gets best results and, where conditions permit, is generally used in match contests.

SEC. 3. For playing singles or doubles the court shall be one-half the width of the full indoor court. Singles and Doubles.

SEC. 4. The court shall be bounded by well defined lines not less than two inches in width, and which shall be at every point at least three feet from walls or any obstructions. The lines on the short sides of the court shall be termed the "end lines," those on the long sides the "side lines." Boundary Lines.

RULE II. BALL.

The ball shall be round and shall consist of a rubber bladder covered with a leather case. It shall be not less than 26 inches nor more than 27 inches

RULE II.

in circumference, and shall weigh not less than eight ounces nor more than ten ounces.

NOTE—When playing outdoors, by mutual consent a slightly heavier ball may be used, but it shall not exceed 12 ounces in weight.

RULE III. NET.

Width. The net shall be at least three feet wide and of sufficient length to reach from boundary to boundary. The meshes shall be small enough to prevent the passage of the ball through the net. It shall be tightly stretched by the four corners between walls or uprights which are entirely outside the court, and shall cross the court midway between the end lines and parallel to them. The

Height. top line shall be level and measure eight feet from the center to the ground.

RULE IV. TEAMS.

Number of Players. **SECTION 1.** The teams shall be composed of an equal number of players, said number to be decided upon by the managers after the size of the court has been ascertained.

Outdoor Game. **SEC. 2.** In all official outdoor matches teams shall be composed of twelve players.

Indoor Game. **SEC. 3.** In all official indoor matches teams shall be composed of six players.

NOTE—The requirements of Sections 2 and 3 may be changed by agreement between the managers.

Substitutes. **SEC. 4.** A substitute may take the place of a player only when the ball has been declared dead. He shall first report to the Referee.

RULE V. OFFICIALS.

The officials shall be a **Referee** and two **Linesmen**.

RULE VI. DUTIES OF OFFICIALS.

SECTION 1. The **Referee** shall be the superior Referee.
official of the game. He shall decide when the ball is in play, when it is dead, when a point has been made, when side is out, and shall impose penalties for all violations of the rules (see Rules X and XI).

SEC. 2. The **Referee** shall have the power to make decisions on violations of the rules committed at any time from the beginning of play to the end of the match. This includes the periods when the game may be momentarily stopped for any reason.

SEC. 3. The **Referee** shall record the points made. His record shall constitute the official score of the game.

SEC. 4. The **Referee** shall station himself at one end of the net in a position that will give him an equally clear view of both courts.

SEC. 5. The **Referee** shall make line decisions on his own side line.

SEC. 6. The **Linesmen** shall station themselves Linesmen.
at opposite ends of the court and on the side opposite the **Referee**, so that each has two lines in plain view, and whenever the ball strikes the ground near a line the linesman nearest the point of contact shall call "Good" or "Out."

SEC. 7. Upon request, the **Linesmen** shall report to the **Referee** their views of any circumstance about which he may be uncertain.

SEC. 8. Before the game the **Linesmen** shall secure from each manager or captain the serving

RULE VI.

order of the teams, and shall see that the players follow the serving order and rotate in position.

RULE VII. DEFINITION OF TERMS.

Own Court. SECTION 1. The court occupied by a team shall be called its own court; that occupied by the opponents' court.

Serving Order. SEC. 2. The order in which the teams are to serve shall be called the "serving order."

Rotation. SEC. 3. The shifting of the men in position shall be called "rotation."

Service. SEC. 4. A "service" is the putting of the ball in play by an eligible man, by batting it over the net into the opponents' court in any direction with one or both hands while standing with both feet wholly behind the back line of the court.

Point. SEC. 5. "Point" shall be called when the team receiving fails to return the ball legally to the opponents' court.

"Side Out." SEC. 6. "Side out" shall be called when the team serving fails to win its point or plays the ball illegally.

Dead Ball. SEC. 7. The ball is "dead" after "point," "side out," or any other decision temporarily suspending play.

Playing the Ball. SEC. 8. A player who touches the ball when it is not dead shall be considered as playing it.

Out of Bounds. SEC. 9. The ball is out of bounds when it touches any surface or object, or the ground outside of the court. A ball touching a boundary line is good.

Catching or Holding the Ball. SEC. 10. When the ball momentarily comes to rest in the hands or arms of a player he shall be considered as catching or holding the ball. The ball must be clearly batted.

RULE VII.

SEC. 11. A player touching the ball more than once with any part of his body when the ball meanwhile has not been touched by another player shall be considered as "dribbling." Dribbling.

SEC. 12. Any player committing any act which, in the opinion of the **Referee**, tends to slow down the game unnecessarily shall be considered as delaying the game. Delaying the Game.

RULE VIII. COURTS AND SERVICE.

SECTION 1. The captains shall toss for courts or service. The winner of the toss may choose either to take the first service or his choice of courts. Captains Toss.

SEC. 2. At the opening of the game the ball shall be put in play by the first player on the serving order of the team which is to begin service. Order.

SEC. 3. Each server shall continue to serve until the **Referee** calls "side out." Continuity.

SEC. 4. Service shall alternate as "side out" is called. Alternation.

SEC. 5. The team receiving the ball for service shall immediately rotate one position. If the team forms in two lines, the rotation shall be clockwise; if the team forms in more than two lines, the odd lines, beginning with the forwards, move to the right. Rotation.

SEC. 6. When a served ball passes under the net or touches any player, surface or object before entering the opponents' court, "side out" shall be called. Illegal Service.

SEC. 7. If a player serves out of turn, "side out" shall be called and any points made on his service before the error was discovered shall not be scored. Serving Out of Turn.

RULE VIII.

First Service
in Succeeding
Game.

SEC. 8. The team losing the previous game shall have the first service in the succeeding game.

Changing
Courts.

SEC. 9. Teams shall change courts at the end of each game.

Changing
Courts in
Middle of
Game.

SEC. 10. If wind, sun or some other circumstance favors one court, the teams may change courts as soon as either team has scored eight points in any game instead of at the end of the game, but the service continues with the player who has just scored the eighth point. The Referee shall decide.

RULE IX. PLAYING THE BALL.

Any Part
of Body
Above Hips.

SECTION 1. The ball may be batted in any direction, and a player may use any part of his body above the hips in playing the ball.

Ball
touching Net.

SEC. 2. A ball other than a service touching the top of the net and going over into the opponents' court is still in play.

Recovery
from Net.

SEC. 3. A ball other than a service may be recovered from the net, provided the player avoids touching the net.

Ball may be
touched Only
Three Times.

SEC. 4. The ball may be touched only three times by one team before being returned over the net.

NOTE—This does not prevent a man from playing the ball twice, provided the rule against dribbling is not violated; that is, a man may be the first and third to play the ball. This means, of course, that he is also eligible on his second play to return the ball over the net.

RULE X. POINTS AND SIDE OUT.

If any player of the serving team commits any of the following acts, it shall be "side out"; if any

RULE X.

player of the receiving team commits any of the following acts, one point shall be scored for the serving team:

(1) Cause the ball to go out of bounds or under the net.

(2) Catch or hold the ball.

NOTE—The enforcement of this rule is most important when a player is placing the ball for a team mate to kill.

(3) Dribble.

(4) Allow the ball to touch his person or clothing below the hips.

(5) Play the ball while he is raised off the ground by any player or object.

(6) Touch the net with any part of the body at any time except when the ball is "dead." However, if two opponents touch the net simultaneously, neither "point" nor "side out" shall be called; the ball is dead and shall be served over.

(7) Touch the ball when it already has been played three times before being returned over the net.

(8) Reach over the net to play the ball.

(9) Serve out of turn.

(10) Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering their court.

(11) Enter opponents' court in an attempt to recover the ball, except that reaching under the net with one or both hands but keeping the feet in own court is allowed.

(12) Persistently delay the game.

RULE XI. SCORING.

SECTION 1. Failure of the receiving team to return the ball legally over the net into the opponents' court shall score one point for the team serving (see Rule X).

15 Points
Game.

SEC. 2. The team first scoring 15 points shall be declared winner of the game.

Number of
Games in Match.
or Championship.

SEC. 3. The number of games necessary for the winning of a match or championship shall be determined by the Championship Committee. If there is no Championship Committee, the managers of the contesting teams shall decide.

RULE XII. CONDUCT OF PLAYERS.

The **Referee** shall have power to disqualify for the remainder of a match any player committing any of the following or other gross violations of sportsmanship:

(1) Persistently address the officials in regard to decisions.

(2) Make derogatory remarks about the officials.

(3) Commit acts derogatory to the officials, or actions tending to influence their decisions.

(4) Make personal or derogatory remarks about opponents.

A substitute shall take the place of a disqualified player.

RULE XIII. FORFEITED GAME.

Any team refusing to play after receiving instructions to do so from the **Referee** shall forfeit the game or match.

RULE XIV. DECISIONS.

Matters
of fact.

SECTION 1. Decisions of the officials as to matters of fact are final.

RULE XIV.

SEC. 2. Decisions pertaining to the interpretation of the rules may be called into question at once, but only by the captains of the contesting teams. Interpretation.

SEC. 3. When a question pertaining to interpretation of the rules has not been settled conclusively but will be carried to higher authority for decision, the game shall proceed as before, the **Referee** making proper note of the protest. Protests.

NOTES.

In some courts it may speed up or otherwise improve the game to introduce any or all of the following modifications; but in no case may they become operative in a match contest except by mutual consent.

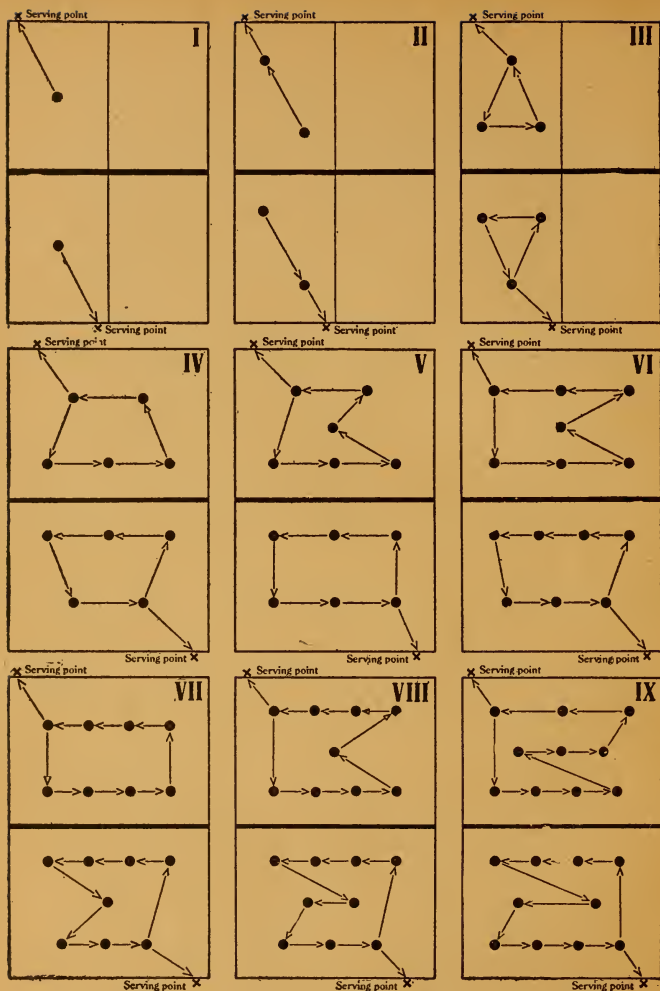
(1) A ball, other than a service, is out of bounds only when it strikes a spectator, or the floor outside the boundary lines. Ball Striking Walls, Ceiling, Beams, etc., is in Play.

(2) A ball, other than a service, which strikes loose hanging apparatus, such as ropes or cables, and falls into the opponents' court shall be considered in play. Ball Striking Loose Hanging Apparatus is in Play.

(3) A served ball which strikes loose hanging apparatus, such as ropes or cables, and falls into the opponents' court shall not put side out but shall be served over. Served Ball Striking Loose Hanging Apparatus.

(4) A player may touch for the second time a ball which he has just played but which bounds directly back to him from the net or any other surface or object. This would allow one additional stroke to the regulation three. One Extra Stroke Allowed.

(5) The server is allowed one fault, and a "net ball" is served over. This modification of the service rule is valuable in teaching beginners, and is preferred by even the most skilled teams in some parts of the world, particularly in the Orient. Double Service.



"Serving point" (x) in diagram, indicates where the service is to be delivered from.

Diagrams I, II and III illustrate the court when used for singles, doubles or triples. A line is drawn through the center, dividing the court in half. It is not practical to play two games at one time on a court.

Diagrams IV, V, VI, VII, VIII and IX illustrate two different methods of arranging men on the floor; either can be used to advantage.

Suggested Scoring Table

By J. Y. CAMERON, BUFFALO, N. Y.

This method of scoring gives two definite results: (1) The total score and (2) the number of points made on each player's serves. Because of the particular nature of volley ball as a game, it would be quite difficult to perfect an elaborate scheme showing assists, errors, etc., as in base ball and other games, but the illustration gives the line-up, serving order, points made on each player's serves and the total score. Its simplicity is obvious. If more players on a side are used or more innings necessary, it is easy to make the additions.

Chicago	1	2	3	4		Boston	1	2	3	4	
Jones	1	0	11	0		Peterson	1	0	1	0	
Brown	1	1	0	1		Davis	11	0	1	0	
Smith	0	11	0	0		Deitzer	1	1	0	11	
Thomson	0	1	1	1		Phillips	11	0	1		
Dewitt	1	0	1			Hammer	1	0	0		
Fisher	1	1	0			Herrick	1	0	0		
	4	5	4	2	15		8	1	3	2	14

The name at the top is the first server and the scoring naturally follows, going down the column. A space at the bottom gives the score by rounds.

Volley Ball Score Card

SUBMITTED BY HARRY F. NYE, FREEPORT, ILL.

At.....Date.....

vs.....

NAMES OF PLAYERS		Serve	Error Position	Error Judgment	Error Co-ordina- tion	Points Scored
Team						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Total						
Team		Serve	Error Position	Error Judgment	Error Co-ordina- tion	Points Scored
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Total						

NOTES—Each serve is designated by a circle opposite the server's name. A fair serve is distinguished by marking an "X" in the circle. Each point scored is credited to the player last playing ball properly. Error of position is charged against a player when, because out of position, the ball falls in his playing space or he interferes with another player, causing the failure of the latter to return the ball properly. Error of judgment is charged against a player when playing a ball that is already foul, or would have fallen foul, he fails to return it properly; also when he fails to play a fair ball that enters his playing space or fails to return properly such a ball that he plays through misjudging ball's course. Error of co-ordination is charged against a player when, in correct position for play, he fails to properly return a fair ball that enters his space.

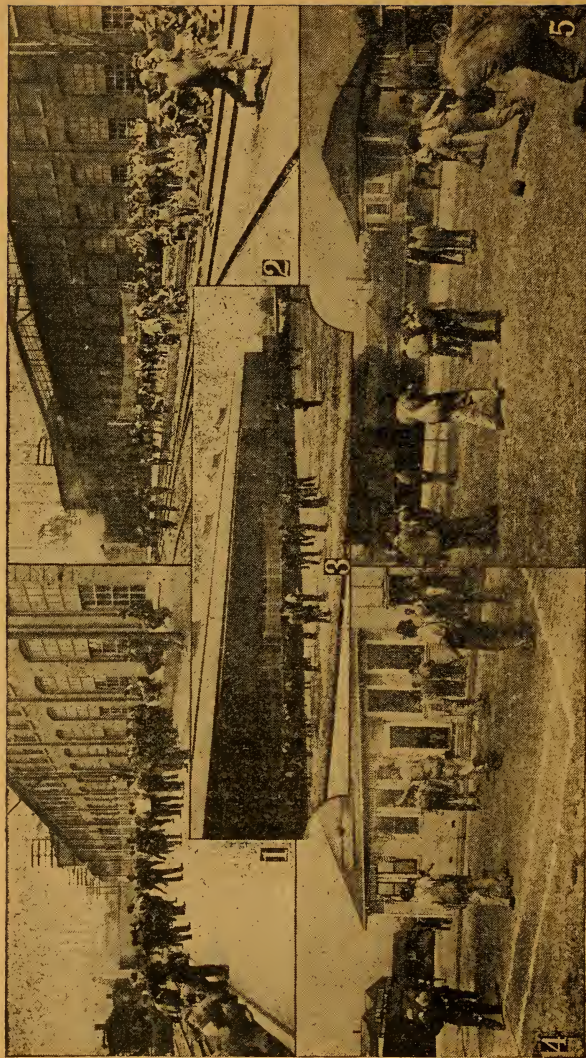
Volley Ball in the Colleges

BY GEORGE L. MEYLAN, COLUMBIA UNIVERSITY.

The game of volley ball is comparatively new in the colleges. It has been played several years as a recreative game in a number of institutions where physical education is prescribed, but it has not been taken up as a competitive sport for intercollegiate competition.

The development of volley ball as an intercollegiate sport will be hindered by the traditions surrounding the well established games—base ball, foot ball, soccer, tennis, lacrosse, basket ball and hockey. Another obstacle is the lack of grounds and floor space for volley ball courts outside of the spaces already assigned to other games. The game is played in most places on basket ball courts or grounds laid out for other games, and volley ball has to compete against the older and more popular games.

The present rapid development of prescribed physical education in colleges offers a splendid opportunity to introduce volley ball because this game embodies the characteristics desirable for the physical education and recreation of the mass of students. It is simple, inexpensive, and can be played by a large number of individuals on a small space.



1 and 2 First efforts at volley ball, machine shop of Southern Works of Illinois Steel Company, Chicago, Ill. 3, 4 and 5, Industrial Department League, Oakland (Cal.) Y.M.C.A., noon hour games.

VOLLEY BALL AT INDUSTRIAL PLANTS.

Volley Ball for Industrial Workers

By R. A. ALLEN, M.D., CHICAGO.

Volley ball is proving to be an activity interest of major proportion in the industrial field and is meeting with the same degree of success which marked its introduction to business men. All that can be said of the game for business men and others is largely true in its development among industrial workers, and the mere fact that the game must necessarily be played under a handicap, by reason of limited time and space, is no obstacle to the industrial workers who are anxious to secure exercise and recreation while on the job.

Play and learn is the usual method of introducing the game, meeting each breach of rule with the proper penalty or explanation as it develops. A game with 25 players on a side is not too many for their first effort; in fact, it is much better, because the ball is not allowed to touch the ground so often.

The game is usually played at the lunch hour or between shifts, and is valuable as a means of recreation because of the limited and inexpensive equipment necessary. Some objection to the game has been raised to the effect that the game should not be played immediately after eating, but upon some investigation and inquiry from noted physiologists and physical education leaders, it can be said that the game as played by industrial workers immediately after their noonday meal could safely be classed as a non-strenuous game and, instead of interfering or inhibiting digestion, or of having any other deleterious effects, would materially assist in the process of digestion.

Up to the present time no radical changes in the rules have been found necessary, and there is reason to believe that the game bids well to become as popular among the great army of industrial men as it is now among business men.

Volley Ball for Girls and Women

BY FLORENCE D. ALDEN,

Central School of Hygiene and Physical Education, New York.

The increasing popularity of volley ball is a source of great pleasure to all who love the game. This is one of the few goods that has come to us out of the many evils of the war, for the use of the game so generally at the training camps and back of the lines over there has been one of the great factors in reviving it. Many considered volley ball "an old man's game," but what is good enough for our boys is good enough for us has become the general feeling now.

That it is a good game from the point of view of both the player and the educator is what I wish to show. There are moments of interest and thrill scarcely surpassed in any other game, as when the ball is kept in the air by one well aimed shot after another, crossing the net again and again; when the ball shoots at an open space and with a lightning-like dart some player swoops under it and saves the day, and so on. If the interest lags it is generally due to inadequate instruction and insufficient preliminary training so that the ball is kept volleying so little that the game is slow, or else a few girls are monopolizing all the play.

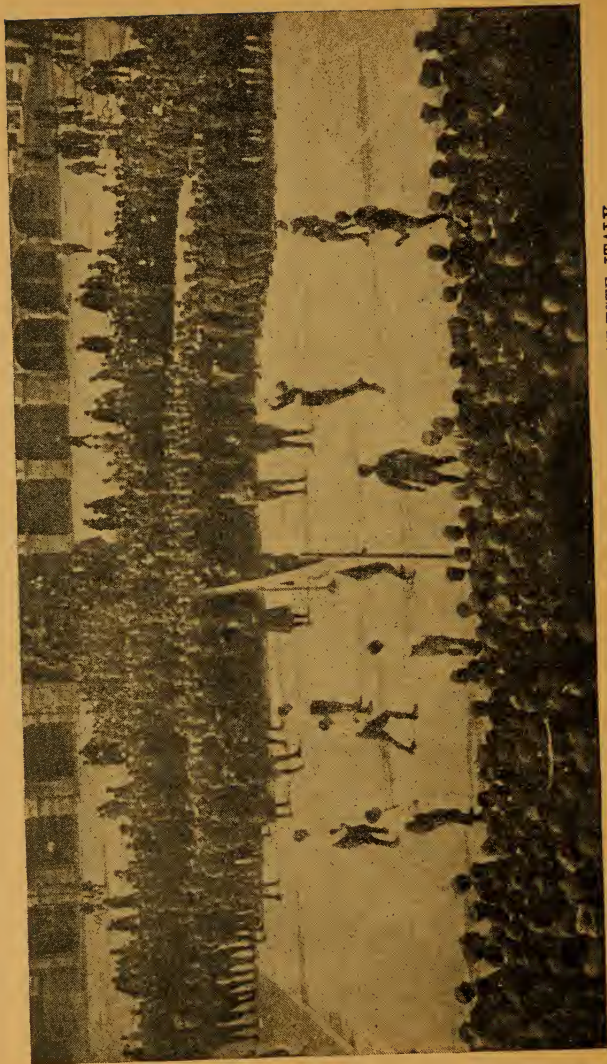
Unfortunately, there are not many games that give practice for volley ball as there are for basket ball. A good preliminary training is for a group of eight or ten girls in no particular formation to practice keeping the ball up in the air. Center catch ball and zigzag ball can be converted into leading-up games by using a volley ball and constantly batting it instead of catching and throwing it. Large numbers can play volley ball at the same time, which advantage will appeal at once to those handling big groups in recreation centers and playgrounds.

Among girls who attend recreation centers and Y. W. C. A. classes there are always some who have never played games or engaged in violent exercise of any sort, who are therefore physically untrained for highly organized games. They may be organically sound, but are not vigorous. To these as a means of physical upbuilding, the game is invaluable. In many places physical examination of the girls seems impossible. Girls should always be examined before playing basket ball. In volley ball, however, the chances of any girl's receiving physical harm are

slight and the possibilities of physical good are immense. There is not a great deal of violent running, so that the strain on the heart is not heavy and yet there is enough to increase the circulation and deepen respiration. If a girl becomes breathless or fatigued, she can spare herself for a moment without hurting the game. There is no personal contact with the opponents, so the danger of injury by being knocked down is eliminated. The constant use of the arms stretched up and back and the thrown-back position of the head helps reduce the ill effects of stooping over desks and work. Have you ever seen a volley ball game in which, as the ball cleared the net again and again, the players did not let forth yell after yell of pure joy? What better method of increasing lung capacity and letting off the tension on strained and tired nerves!

The presence of the net between the warring combatants has more than a merely physical bearing on the game and its value, for it reduces the possibility of "bad feeling" almost to the minimum. Hence, when we have thoroughly trained our girls through games like volley ball in consideration for the rights of others, subordination of self to the good of the team, co-operation through team work and strong self-control, then is time enough to put their social education to the test in more intensive games and those where personal contact is inevitable.

Thus we see that volley ball lives up to the standards that should be applied to all games. It is recreative in the best sense of that word; it builds up physically without being too great a strain organically; it develops socially by training in the characteristics that make us "good fits," and it is psychologically sound as it is grounded on our fundamental instincts, bringing control and redirection of those that are undesirable, and exercise and development to those that are valuable in us as members of society.



A GAME BETWEEN TWO TEAMS OF ITALIAN OFFICERS AT ESTE, ITALY.

Volley Ball with the A. E. F.

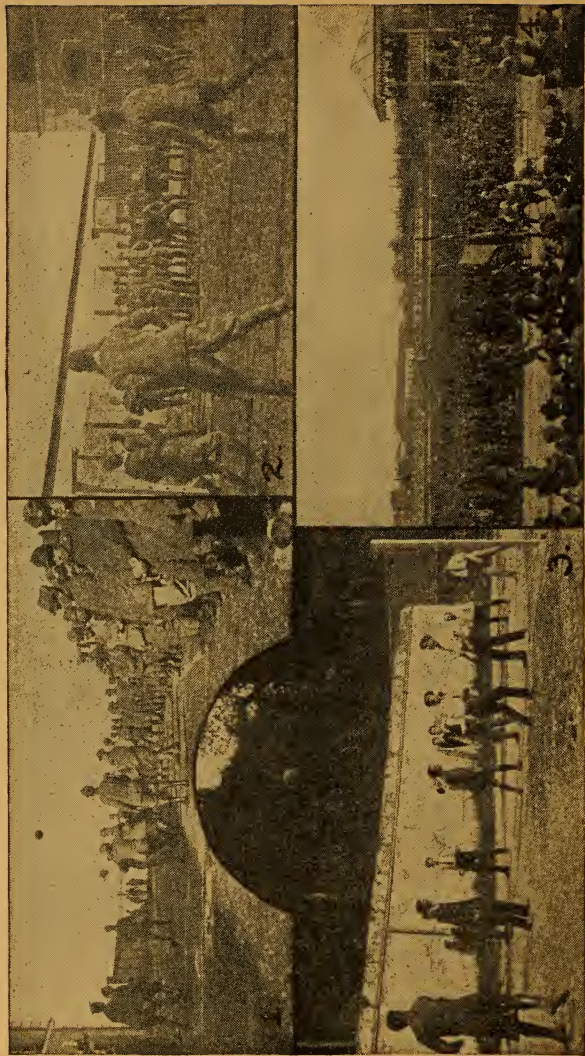
BY ELWOOD S. BROWN.

It can be truthfully said that tens of thousands of men who knew nothing of the game prior to entering the army learned to play volley ball while members of the A. E. F. For many it was the first team game that they had ever played. It was promoted by the "Y" athletic directors everywhere the army was stationed, from the ports of entry to the combat zones. It was used with the A. E. F. in England, Italy, and was extensively promoted in the British army by athletic directors loaned to the British Y. M. C. A.

The total participation in the A. E. F. during the year July 1, 1918, to July 1, 1919, amounted to 985,876, an aggregate of nearly one million. More than 15,000 volley balls were distributed by the "Y" during the same period. Nets were usually available; but when they were not, the enthusiastic, resourceful doughboy did not forego his game. During the combat period, I have personally seen a rope doing duty as a net more than once. It was at least something to bat the ball over. I have also seen in the woods near the front a long branch or wooden pole fastened up between two trees and a hot game in progress.

During the demobilization period, when the troops settled down into comparatively permanent locations, small units and on up to the division, had from one to seventy-five courts. In areas like LeMans, the halfway station in France for troops returning to America, there were courts at every turn. It goes without saying that volley ball had a very prominent place in every platoon group games schedule, and there were literally thousands of these schedules conducted. It is also interesting to note that the game fell into that classification of play that was approved by the army training authorities for use in aviation camps; namely, exercise that "brought physical stimulation without fatigue."

Volley ball was also an important factor in the athletic programmes conducted in the various convalescent camps. While it was not on the official list of events at the Inter-Allied Games, demonstrations were made to various groups representing the Allied armies, and volley ball is now being played in Belgium, Poland, Servia, Roumania, Czecho-Slovakia, and Greece. It has been played for some time in France and Italy.



1 and 2, Italian troops playing volley ball. 3, A schoolyard game at Rome, Italy. 4, Y.M.C.A. Secretaries vs. Italian Officers at Bologna, Italy.
VOLLEY BALL PROVES A POPULAR GAME IN ITALY.
H. & L. Kirtland, Photos.

Volley Ball in Italy

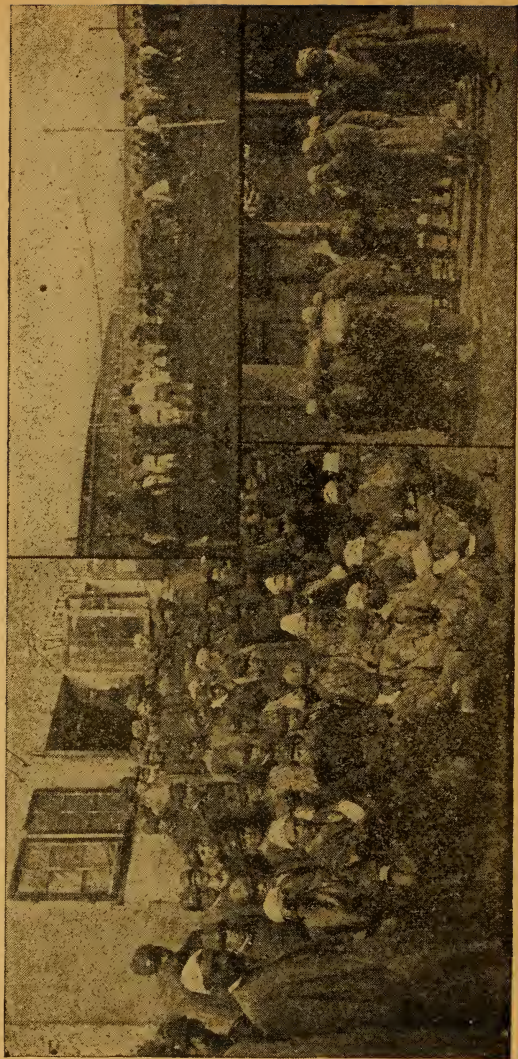
BY H. H. WIKEL.

One of the striking things in Italy, to our American eyes, was the fact that while there was a great wealth of native athletic material in the kingdom there were very few games played, particularly team games. Practically the only real team game is soccer football, which many Italians play very expertly but which, largely for lack of space, the great majority of the young men and boys never have an opportunity to learn. Believing that a development of the spirit of team play would help to develop the spirit of team work, which would lead to greater unity in the kingdom, we decided to push the simpler forms of our team games in our "Y" work with the Italian army. We selected volley ball, basket ball, cage ball and playground base ball as the ones best suited to the Italian athletic needs and to the conditions governing our athletic work.

The reception given to these games by officers and men, as well as by schoolboys and college students, a few of whom we had the opportunity to instruct, was most enthusiastic. With the exception of base ball—including even the playground variety—which is too complicated and too foreign to their knowledge and experience for them to learn quickly, they took to them like ducks to water. Of them all, volley ball made, I think, the greatest hit because of its simplicity, though I believe that basket ball is destined to make an equally strong appeal.

The enthusiasm with which the Italians—officers and men—played volley ball is evidenced by the number of times the officers—usually extremely punctilious about dress—would strip to their undershirts to play, and also by the way officers and men would play together, something that is much less common in the Italian army than in our own.

The same enthusiasm was shown by the schoolboys in Milan and Rome. We were not at all sure that the Italian boy had the same fondness for athletics as the American boy. A very short time convinced us of our error. As a side issue to our army work we taught groups of boys in those cities, selected from schools, colleges and Boy Scout troops, the same group of American games, and they almost literally "went crazy" over them. Their enthusiasm was so great that often they would follow our men in the streets in crowds, or would pile on our car in such numbers as to make it difficult to get away from them. Among the boys volley ball proved a prime favorite.



1, Convalescent soldiers at the Modena Hospital watching a game. 2, Volley ball between teams of Boy Scouts at Bologna.
3, A Y.M.C.A. secretary instructing convalescent soldiers in the rules of volley ball.

H. & L. Kirtland, Photos

CONVALESCENT ITALIAN SOLDIERS WERE ENTHUSIASTIC SPECTATORS AS WELL AS APT PUPILS.

Introduction of Volley Ball Among the Sub-Normal Soldiers of Italy

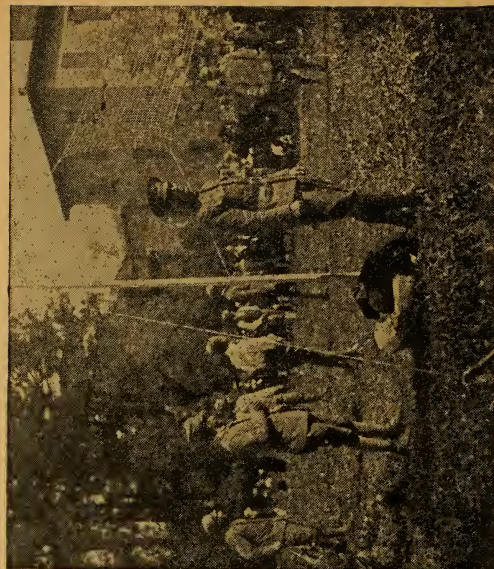
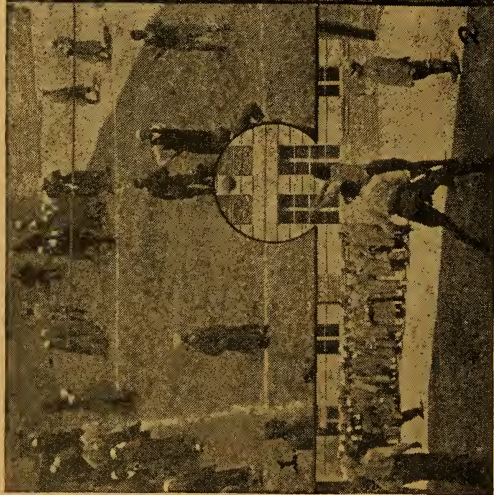
BY GEORGE W. BRADEN.

Our work for sub-normal soldiers was divided into four groups: (a) general hospitals, (b) homes for convalescents, (c) those in working barracks who because of chronic illness or wounds unfitting them for return to the front were assigned to working units, (d) the educational institutions. Volley ball was introduced in all of those groups and won eager and enthusiastic support and generous participation from the very beginning. Such modifications in rules were made as were necessary to prevent fatigue and strain. This usually included a time limit, raising of net from six inches to a foot so as to keep the ball in the air for longer periods, and playing as high as sixteen or twenty on a side.

Inter-ward, inter-hospital and inter-institutional matches and tournaments were arranged, the first tournament of this kind being played at the Villa of Countess Guerelli, where more than 5,000 people assembled to witness the general programme of sport including volley ball. Much to our surprise and a very good indication of the interest secured was the fact that medical and line officers not only assisted in managing and coaching, but removed their coats, rolled up their sleeves, and mixed freely in games with private soldiers. This was particularly true in the re-educational institutions.

Volley ball was first introduced among boy scouts of Bologna, where sixteen troops assembled for the first exhibition game, which was played before a special committee including the physical director of the great military school at Modena, the city counselor and two titled gentlemen.

Much of the success of our early staging of the game was due to Messrs. Aaron Tosh, Samuel Ebergonion and Charles Netheway, who were in my first group of efficient and untiring co-workers.



1 and 2, Volley ball courts at The Seminario, where there were 1,200 convalescent soldiers. 3, Dr. George F. Braden, Y.M.C.A., National Physical Director, who first introduced the game at The Seminario, is shown directing the volley ball exhibit at a "gara."

VOLLEY BALL AT THE SEMINARIO, BOLOGNA, ITALY.

H. & L. Kirtland, Photo.

Volley Ball in the Orient

BY FRANKLIN H. BROWN.

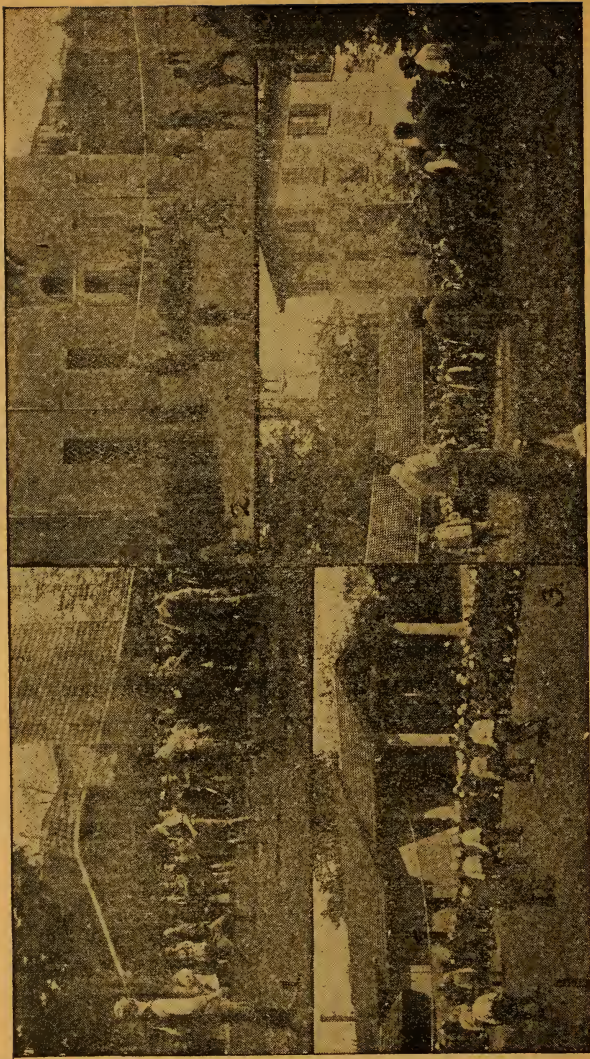
The first volley ball seen in the Orient was taken there in the trunk of Elwood S. Brown, who went out as physical director of the Manila Y. M. C. A. in 1910. The Bureau of Education officially adopted volley ball as a part of the regular day's play order and in 1915 it was estimated that 200,000 schoolboys were playing the game regularly. An adaptation of the game for girls, with a lowered net and a light ball, is growing in popularity and now not less than 10,000 Filipino schoolgirls are playing.

Volley ball was put on the programme of the first Far Eastern Championship Games at Manila in 1913 and the Chinese athletes who competed in the big meet were fascinated with the game. The men from southern China, around Canton and Hong Kong, took to it especially well. Wilbur, secretary of the Canton Y. M. C. A., worked hard with groups of students and two years later at the Far Eastern Championship Games at Shanghai the Chinese volley ball representatives took the astonished Filipinos into camp in straight games.

When the big international athletic meet came to Tokyo in 1917 the Japanese entered a volley ball team. No real team practice had been indulged in and they were easy victims, but the match between the Filipinos and Chinese brought forth a brand of volley ball that amazed the spectators and assured the game a respect previously lacking. Uncle Sam's colonials were determined that the championship trophy should accompany them on the home trip and they clearly outplayed their opponents in the first game. The Chinese, though, came back brilliantly, taking the next two games and retaining the championship.

At last, however, the handsome silver trophy emblematic of the Oriental volley ball championship, has come back to the Philippines. Manila was the scene of the fourth Far Eastern Championship Games in May, 1919, and a bitterly contested match resulted in the Filipinos showing a narrow margin of superiority.

In Japan the game is only beginning to make itself felt. Although it got a much later start there than in the Philippines and China, the real reason for the slower progress is due to the fact that the Japanese educational authorities do not recognize team games or any form of organized play in their scheme of physical education. Probably ninety per cent of the volley ball in the Orient is played out-of-doors, owing to the comparative scarcity of indoor courts.



1 and 4, Views of inter-hospital tournament held at the villa of Countess Guercelli. 2, Volley ball at the Bastia Hospital.
 3, Five hundred men frequently played at the Mingietti Hospital in a week's schedule. The photo shows a game in progress.
 H. & L. Kirtland, Photo.

CONVALESCENT ITALIAN SOLDIERS PLAYING VOLLEY BALL AT BOLOGNA.

Volley Ball in Siberia

BY C. SCAIFE.

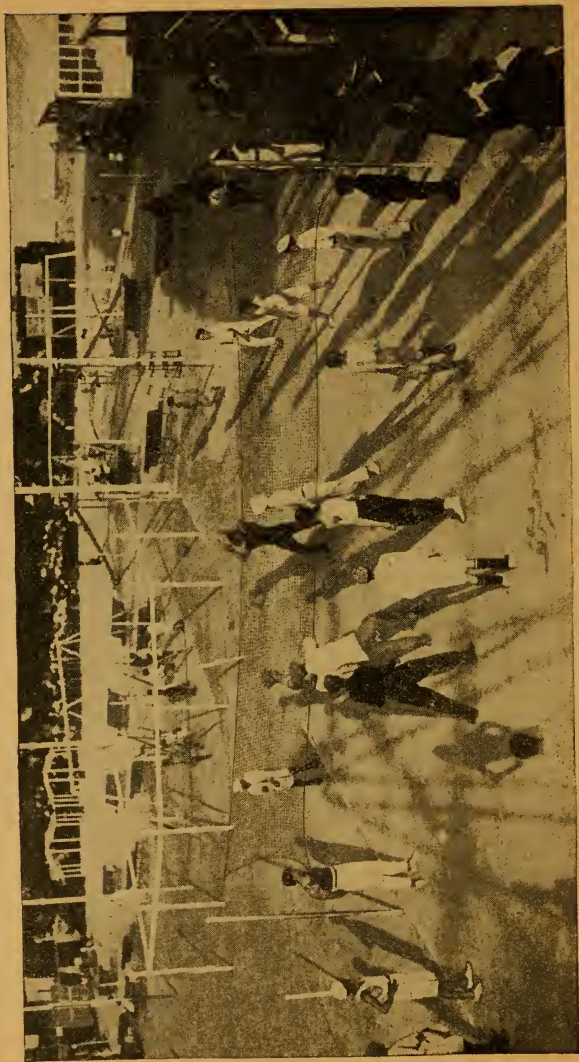
Volley ball is fast becoming a very popular game in Siberia. I have seen ten different nationalities playing the game with as much enthusiasm and pep as any group of Americans. On the public playgrounds in Vladivostok the Russian girls and boys enjoy it immensely. Leagues are organized and scheduled games are played every day. In Harbin, just over the border line in Manchuria, I saw two or three hundred school girls and boys playing American games under the supervision of American physical directors. One of the most enthusiastic games being played was volley ball.

Volley ball is now being played in Vladivostok, Habarovsk, Harbin, Irkutsk, Omsk and other Siberian cities. The game has been introduced in the Polish army by one of our Y. M. C. A. secretaries, and it is taking like wildfire. There are over fifteen thousand Polish soldiers in this division, and I expect to hear most any day that every company is playing scheduled games of volley ball.

One of the most interesting games I saw was one being played between some Lettish soldiers and a team of Serbians, at Vladivostok. There was great enthusiasm displayed throughout the game by the two or three thousand soldier spectators. It resembled one of our college games at home.

The Chinese soldiers are playing volley ball, also the French, Italian and other Allied Soldiers. They are beginning to appreciate the fine points of the game to such an extent that it is fast becoming one of the most popular games in Siberia, and the rules as they are now played seem to work out remarkably well. I am sure that we have a foundation that, with very few changes, will give us a game that is fast, interesting, and very beneficial to all classes.

It is a recreational game—a real people's game and not confined to a few specialists. It is being received with great joy and pleasure in Siberia, and, I am sure, will be productive of a great deal of good in helping to establish certain fundamental principles of fair play and sportsmanships in the minds of the Russian girls and boys.



FULLY EQUIPPED PLAYGROUND AT MONTEVIDEO, URUGUAY.

Volley Ball in India

In considering the place in India of an American game, as well as a comparatively new game, one must remember that India is a part of the British Empire, that British influence preponderates to a marked degree, and hence one naturally finds the English games predominating.

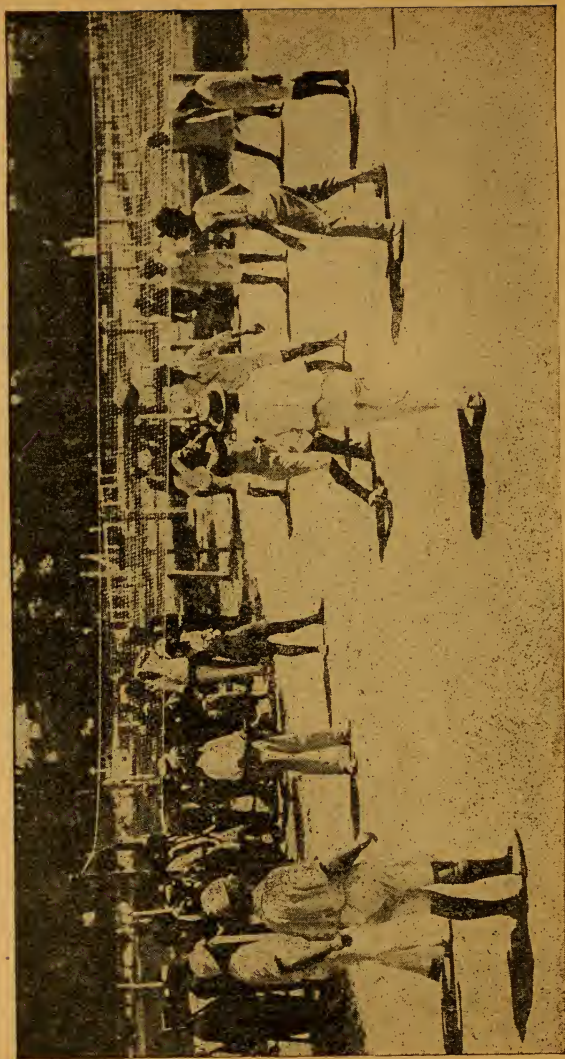
But we must also remember that the play habits and preferences of the Indian boys and young men are in the plastic stage and they are ready to take anything that is good and suited to their temperament, economic conditions and the climate.

Therefore, in helping to establish physical education in India, the Association physical directors have planned not primarily along national lines in promoting games, but rather with the idea of giving India a set of games which would produce all-around development and general body co-ordination. Hence volley ball (together with basket ball), has a legitimate place and we have encouraged it for these reasons, as well as the fact that it costs little, requires only a small space and can be adapted to keep a lot of boys busy.

The success that has attended our efforts has been most gratifying and goes to prove that it is a game with sterling fundamental qualities, meeting the racial demands of the genus homo wherever found. How thoroughly it takes hold is best illustrated by an experience that we had in North Ceylon, at Jaffna.

The game is played in each of the centers where our men have been, in Calcutta, Madras, Lahore, Ceylon, Bangalore, Hyderabad, Allahabad and a score of other cities, and from these is fast spreading to the districts. It has been introduced into the British and Indian army as well and is making satisfactory headway.

A year and a half ago the physical directors got together and thrashed out the rules and adopted a uniform set for all India. These follow more generally the Philippine type, with modifications to suit us in India. We can say that volley ball has come to stay and is destined to have a large place in the play life of this country.



VOLLEY BALL GAME AT MONTEVIDEO, URUGUAY.

Volley Ball in Uruguay

BY ROY E. THOMPSON.

Only a few years ago the game of volley ball was introduced into Uruguay by the Montevideo Y. M. C. A. At that time the young men had an idea that it was a rather tame sport. However, the game has gradually spread throughout the country until at the present time every playground has splendid courts and many enthusiasts who are always ready for a good game of volley ball.

The National Commission of Physical Education has recognized the game to such an extent that the national championships are arranged and take place in this city every year and great crowds witness contests.

During the past year our volley ball committee decided to form a city league that would take in the leading clubs of Montevideo. Many of these organizations in the past had shown little interest in the game, but when we offered the use of our gymnasium and agreed to furnish a cup, they went in for the league with great vim. We have two nights a week taken up now with this league, which contains many of the best known athletes in the country. Several of the men hold places on the national football team. Then, too, we have in the league, especially on the team of the Association, important lawyers, dentists, men in official governmental positions. Great crowds are on hand at all times and the papers give considerable space to the write-ups.

As soon as the games got under way the President of Uruguay presented a beautiful cup to the Young Men's Christian Association to be competed for by the clubs in the league. It was such an expensive trophy that we did not want to award it permanently to the club which won the league race for one year only, so we arranged a set of rules under which the competition was to be carried out, one of which stated that a team must win the cup three years in succession or in five years' alternate winning to obtain permanent possession.



(1) PUEBLO (COLO.) Y.M.C.A.—1, Prindle, Phys. Dir.; 2, Terrill; 3, James; 4, Storer; 5, Wooten; 6, Boyce; 7, White. (2) FRESNO (CAL.) Y.M.C.A.—1, G. D. Long, Phys. Dir.; 2, J. Drenth; 3, G. Mygren; 4, J. H. Moore; 5, Dr. Brownell; 6, R. R. Fisher, Capt.; 7, J. Enless. (3) SAN FRANCISCO (CAL.) Y.M.C.A. (4) GREENWICH (CONN.) Y.M.C.A.—1, O'Brien; 2, Clarke; 3, Ritch; 4, McCullough, Coach; 5, Close; 6, Smith; 7, Scott; 8, Selchow; 9, Schofield, Capt.; 10, Finney; 11, Washburn; 12, Latham; 13, Benham; 14, Daniels; 15, Raymond; 16, Baird; 17, Wilson.

Volley Ball in Greenwich, Conn.

BY A. McCULLOUGH, JR.,

Physical Director, Greenwich Y. M. C. A.

It is doubtful if volley ball has created more interest in any other place in the United States than in Greenwich, Conn. When one stops to consider the newness of the game to the men here, the majority having never played the game before, and very few having even seen it played, no more could be hoped for than what has taken place.

It being one of the few games in which men of all ages can take part without injury to themselves, and with its mental and physical benefits, it has already taken a permanent place in the recreational life of the community. It has not only provided fun and amusement for those who played, but for the hundreds who looked on, including men, women and children who turned out to see "dad" who had been stamped as a "has-been," competing in a manly sport which was both healthful and spectacular.

The business and professional men of Greenwich are the ones who have taken to the game most enthusiastically. Tournaments have been run off in which large numbers have taken part. A representative team composed of these men was organized, games being played with teams from New York and Connecticut. It must be said that this team developed unusual skill at controlling the ball in the air, and passing, which is accountable for their having won the majority of games played. It might be interesting to note that the new Spalding net which is six feet wide and when stretched across the court leaves a space of two feet at the bottom, is the one used here, and has proven most satisfactory, as it prevents the men from passing under the net while playing, thereby making it easier for the referee to detect fouls.

The great thing about volley ball is the moral effect it has upon the individuals participating. It places each and every player upon his own honor, the new rules doing away with any possible chance for rough tactics. It is the game of games that breeds clean sportsmanship.



W. A. KEARNS, OAKLAND, CAL.

Stone, Photo.

PART II.

How to Play Volley Ball

BY W. A. KEARNS, OAKLAND, CAL.

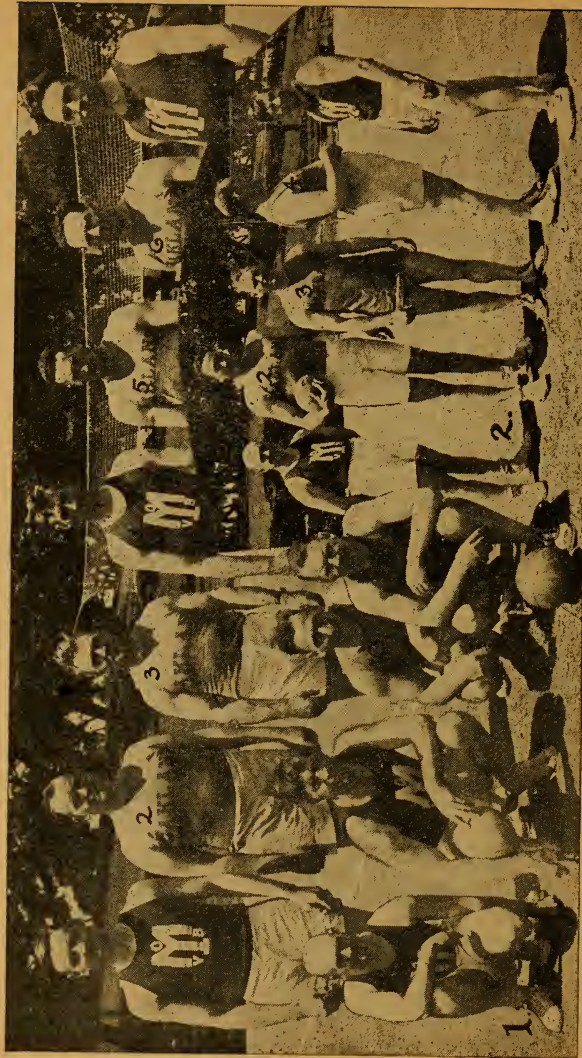
Although the game of volley ball cannot be considered an old game it has been in use in city playgrounds, public schools, Y. M. C. A.'s and a few other organizations for a sufficient number of years to attract attention of those who are students of our distinctively American games. Since its comparatively recent beginning it has spread in a popular way completely around the world; especially is it popular in the Orient. There have been comparatively few changes in the development of the game since its inception. Its adaptability to young or old, strong or weak, athletically inclined or not so, and the meager equipment required by individual players or teams to enjoy the game is also a great factor in its popularity. Large groups in factories, soldiers in training camps or leave areas, playgrounds in public schools, Y. M. C. A's and athletic clubs are playing volley ball increasingly.

Students of the game are willing to say that volley ball is the most adaptable and by far the greatest game yet discovered for the purpose of reaching the masses of our citizenship—masses which need hygienic exercise with the expenditure of the least amount of trouble and time—and which also lacks the element of being dangerous, hard or too strenuous.

No attempt will be made in these somewhat brief suggestions to entirely cover the history, rules, or development of the rules of volley ball. The game is peculiarly adapted to the needs of the individual who has the common nervous condition which comes with brain fag from over-application to our strenuous business life. It has become a great factor in re-creating men of all walks of life.

I. THE SPIRIT OF THE GAME.

The average game is of value insofar as it develops a spirit of fairness, clean play and co-operation or team work. In other words, a game that requires for its proper playing the combined effort of all the players with often the sacrificial element on the part of one player or group of players which will allow one or more players to appear perhaps more proficient than another, is



No. 1—GROUP TAKEN AT MUNICIPAL VOLLEY BALL COURTS, OAKLAND, CAL. No. 2—TYPES OF PLAYERS.
EVERY STYLE OF PHYSIQUE CAN PLAY.
Stone, Photo.

the type of game which develops desirable qualities of character. Volley ball is first of all a game requiring team work. It is a game that holds the interest, when properly played, of the whole team. It is a game that gives opportunity for absolute fairness in judgment and often permits individuals or teams the opportunity to give their opponents points or concessions if there is any reason for doubt on a decision. It also calls for sacrifice of individual opportunity of one player in order that another may have a better opportunity in that play. Thus we have combined in this game all the great elements that go to make for a real democratic citizenship, which is characteristic of most of America's important games. This is one reason for the gaining popularity of the game.

We hear a great deal about the spirit of the game, and the spirit shown in a game of course portrays the character of the man. The spirit of the game is playing for the sake of the sport to be found in the game. Fairness, clean play, keenness to win, evenness of temper are the elements that are needed to make up the proper spirit in any game.

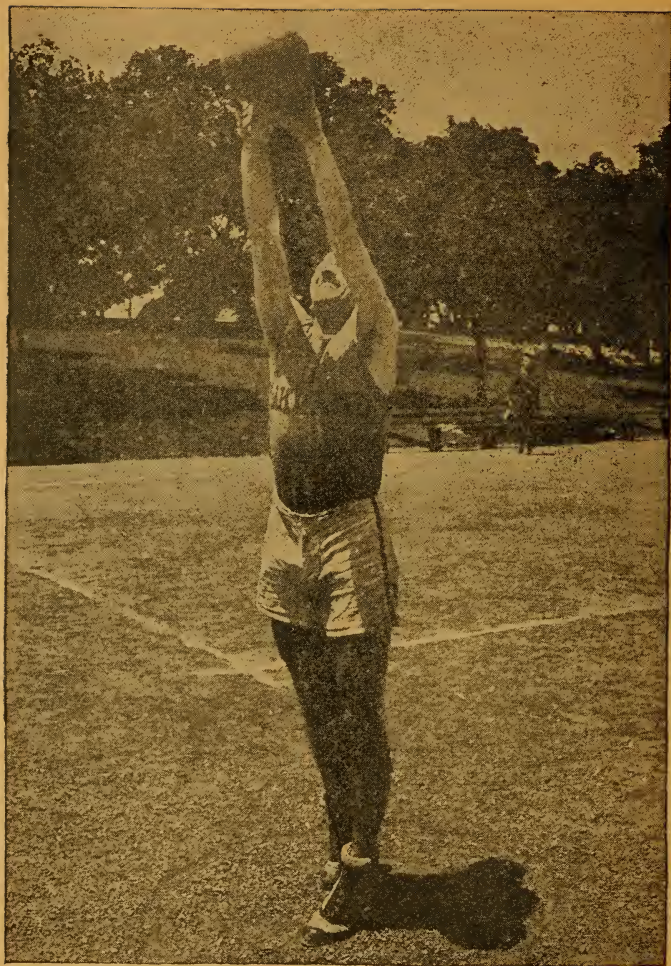
II. TYPES OF PLAYERS.

Picture No. 2 shows the adaptability of the game. It is not a game for tall men only, as a man real short of stature often makes the most perfect passes toward the net for the "kill" at the net, to men who have the ability to jump. The players in the picture range from six feet six inches, to five feet five inches in stature and from one hundred thirty-five pounds to two hundred twenty pounds. Every age, most any type of physique, can get lasting benefit with no evil by-products from volley ball. There is mental relaxation for the cultured and mental stimulation for those who are less apt. Very few games permit of such range or variation in point of age, previous experience, ability, endurance, size and weight.

Faculties in colleges and universities enjoy the game and they are required to extend themselves in every way to play it properly. Men in various kinds of factories also grasp it and soon are interested players. Any type, big, little, old, young, man or woman, boy or girl, can play it with benefit and enjoyment.

III. TEACHING THE GAME TO BEGINNERS.

One of the valuable things about the game is that the fundamental principles of pedagogy will apply to its teaching. It matters not whether the players be grade school children, high school boys, girls, young ladies, or adults. Volley ball is very



No. 3—USE TWO HANDS IN PLAYING THE BALL.

Stone, Photo.

teachable. The writer has introduced the game to miscellaneous employes in factories, foundries and engine works, and found that upon one presentation continuous leagues have grown and a thorough understanding of the inside game gained by the players. The following steps were used with more or less success:

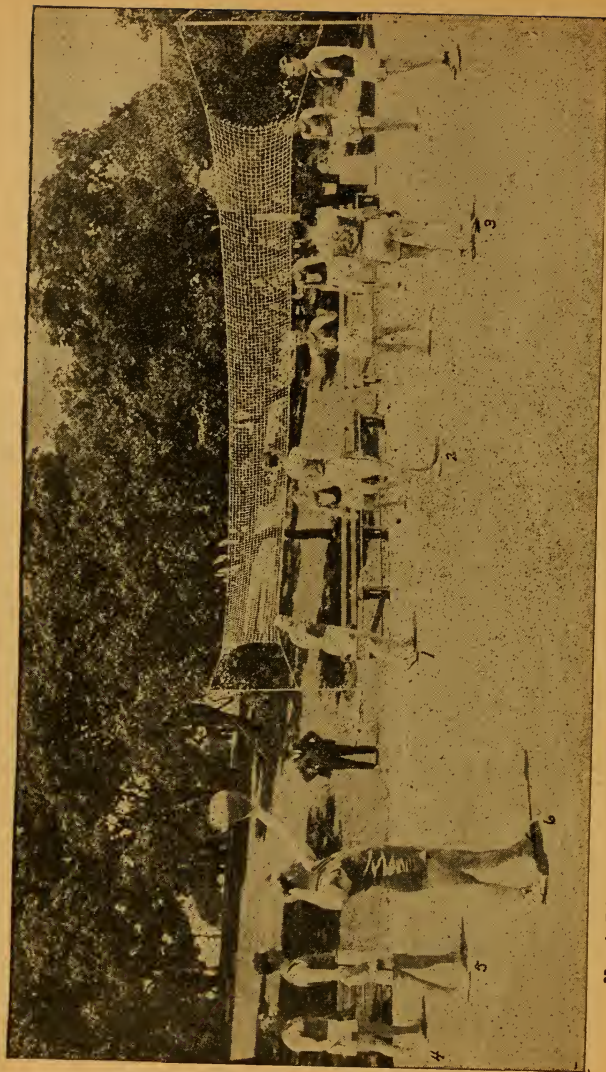
First.—Teach whole group to use *two hands* on the ball, touching it lightly from one to the other, not using net, standing in circle.

Second.—Use this same process, allowing ball to go over the net easily and purposely within reach of players on each side of the net, urging use of both hands, lightly touching and lifting without holding the ball. After this process is pretty well learned (requires ten or fifteen minutes perhaps), one side should be designated as the serving side and the ball served to receiving side, who must either return same or understand that a point has been scored against them. No further explanation need be made at first, and it may be well for a short time to waive the rule permitting but three strokes by a team before returning the ball over the net. Later follow with explanations of others of the more important laws, emphasizing the reasons for the net rule and the “not-more-than-three-strokes” rule.

This introduction of the game will interest any group and cause them to want to know definitely the more complete rules, and they become students of the game. After this the principles of team work, reasons for the main rules and elements of the passing game will be easily learned. The larger the group the more easily the game will be played and learned. The tendency to hit the ball too hard is the natural one, but a somewhat heavier ball and the use of both hands in playing the ball will do much toward keeping it within bounds, thus creating immediate interest. The score should be announced each time and just prior to serving—the serving side's score first and receiving side second in calling score, as, 10—6 or 5—9, ten and five being the scores of the side which happens to be serving.

IV. NUMBER AND POSITION OF PLAYERS.

The official indoor team consists of six men, but this “adaptable” game will permit contests of from one to twenty men, according to desires or need, but more especially according to the playing space. Singles and doubles may be played on small indoor courts or on medium-sized indoor courts which have been divided properly. It is well to arrange three men at the net and three men in the back court. Men at the net should be considered receivers; those in the back court should be passers. Inasmuch as players



No. 4—POSITION OF PLAYERS AT TIME OF SERVICE. SERVER HAS FEET INSIDE COURT.

Stone, Photo.

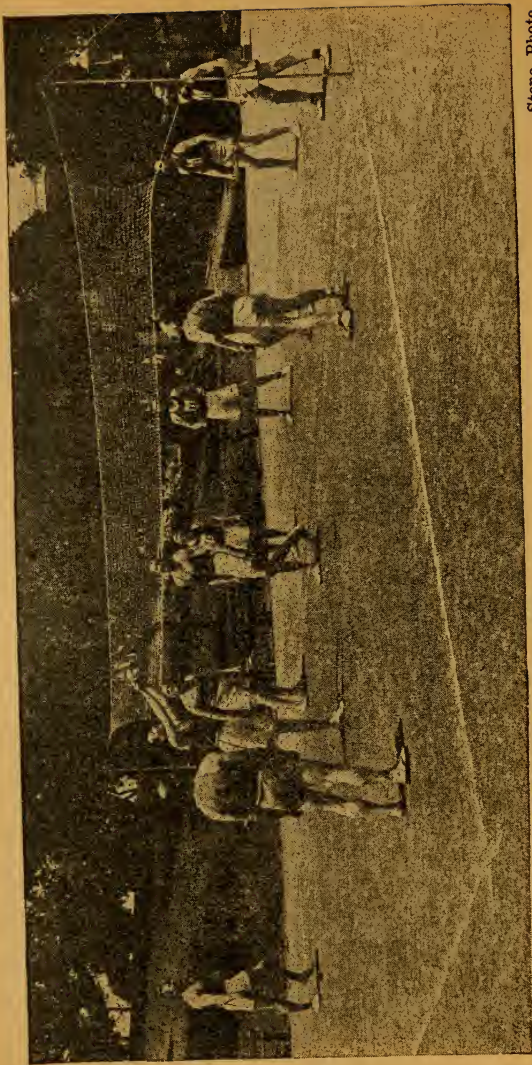
of the team about to serve rotate one position to the right as in a circle after each "side-out," the game should be started with at least one tall man or one good net man, who can jump well, at the net. Also good passers in the back court with another good jumper just opposite the front net man, so as to provide a good jumper at the net when the team has received three hand-outs and rotated three times. The ability of players, as in any game, must of course be studied for proper placement. Often a game can be won by rearranging some according to their ability as passers, and "killing" the ball without touching the net on the part of others. Where there is a greater number than six players on a side the ball is more easily kept in the air, but if a few aggressive players monopolize the play it will prove an uninteresting game. Players should be urged to play their own position.

The matter of rotating at each new opportunity to serve is difficult at first to get, but it is a real part of the game because it induces team work and encourages play by preventing one exceptionally tall or jumping net man from staying at the net and doing nothing but kill the ball. The game has gone through that stage and the rules made to relieve this evil.

V. SERVICE OR SERVING THE BALL.

The rule requires the server to stand with both feet wholly behind the end line. This rule will need to be modified on some courts where there is insufficient out-of-bounds space at the ends, in which case the server should stand as in picture No. 4. Immediately after the serve, server should jump into field of play and cover his part of the court, as it is often this player's mistake to wait until at least one exchange of the ball before he gets into the game. There are many types of "service." It is without doubt better to serve a high ball, well placed, well to the back of the opponents' court to gain best and most consistent results. It does not pay to serve into the net.

One important point to remember is that only the side serving can make points; and when this side loses, the ball goes over to the other side and is called a "side-out," but there is no point scored for the side receiving the ball. There are great possibilities in the service. Cutting the ball on the serve is practical on a large court, but not so on the smaller indoor courts. A change of speed and placement is of value; also keeping the receiving side guessing as to what is to come next is important. The server who is accurate in serving between two receivers, causing doubt as to who will return, is very likely to make many points. Most serves of whatever kind should be well above the net.



Stone, Photo.

No. 5-PLAYING THE BALL.

VI. PLAYING THE BALL.

As in all games proficiency can be developed by continual play. One and two-hand servers, spectacular one-hand returns, imitating the Laufford stroke in tennis, are all often made, especially from the back court; but the player who learns to play the ball properly, securely and safely, as in most games, is the most consistent and valuable player to his team. Therefore, as shown in picture No. 5, two hands should be used whenever possible. Balls should be met at greatest height possible and only the fingers of both hands extended should touch the ball momentarily (as rules say ball must be clearly batted). One of the greatest values of the game is to be found in this stretching, reaching, almost tip-toe, and often jumping movement, as it is not found so completely in any other athletic sport, being entirely different from the jumping movement so much used in basket ball. This feature of the game requiring constant stretching of the ventral muscles, which in the daily walks of American life are allowed to constantly grow shorter, is a recognized value in the game.

In playing the ball the player who first receives it should remember that it is not necessary that he should immediately return the ball over the net. His duty is to stop the progress of the ball by quickly and accurately passing it to another player (see Pass the Ball), who either passes or returns it over the net.

In receiving a difficult served or returned ball the first man does well to stop the progress by a sure pass straight into the air, when his team mates may finish the play. A ball is never too difficult to prevent an honest effort toward its return. One of the most interesting things about the game is the large variation of plays possible. Many peculiar, highly entertaining and amusing plays happen in rapid succession, as well as the most unusual. Every ball should be played if it can be reached.

VII. THE "PASS THE BALL" GAME.

In a few short years volley ball has developed into a scientific game. The game has developed from merely striking the ball any way, as many times as one saw fit to get it over the net, into a game where the player who receives the ball must of necessity make an accurate pass to another player who is expecting the pass and who has the ability to "kill" the ball and gain a point. The fact that a team may touch the ball only three times before returning it over the net necessitates more accurate team play, for care must be taken that the second stroke places the ball to the best advantage of the "killer." On the larger outdoor courts twelve men are used on a team and usually placed in



No. 6—RE-PASSING PROPERLY.

Stone, Photo.

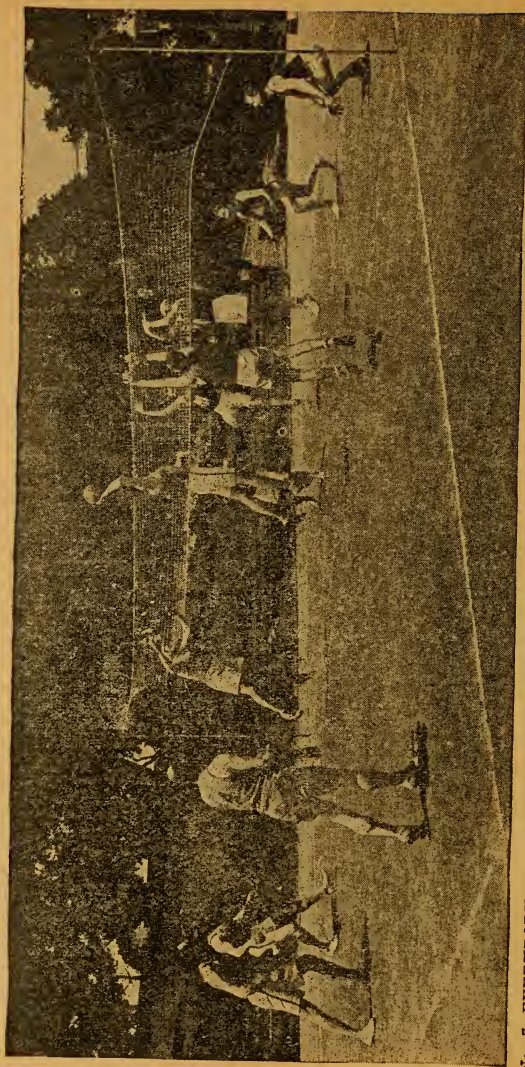
three rows of four. In this case it often happens that a man in the second row can be used to better advantage to "kill" the ball, he being able to take a couple of quick steps to assist his jump. Picture No. 3 shows correct way to pass the ball.

THE ANGLE PASS.

A pass never should be made from directly behind the net man who is to "kill." The angle pass should be used. See picture No. 4 to illustrate. Player No. 5 receives ball when player No. 2 is supposedly best "kill" man. No. 5 should pass ball to No. 4, who in turn re-passes from the angle at the net to No. 2. This allows No. 2 more time with his eye on the ball to judge speed and distance, which are important elements in the "kill" at the net. Should 4, 5 or 6 receive the ball at a time when best "kill" man is not directly in front of them, an attempt should be made to pass the ball high in the air so that it will fall within a foot of the net from directly above "kill" man, being passed from an easy angle.

RE-PASSING.

The player who is mentally alert enough to re-pass the ball when this should be done is a very valuable player to any team. Should the ball be placed poorly to player No. 1, 2 or 3, he should re-pass ball parallel with the net and approximately 12 to 24 inches back from the net, so that there is no foul by touching the net in the "kill." The re-passing play is one of the elements of the game to be practiced and remembered. Picture No. 9 shows a tall man at the net who has received ball and is re-passing same to player No. 3 at extreme right. Also picture No. 6 shows a short passing man who has rotated to the net re-passing ball to a man with more ability for the "kill." Picture No. 7 shows "everybody in the game." Five men are seen completely off the ground and all but one of the remaining players are on their toes ready to spring when the return comes. No. 8 shows player No. 2, "short passing" player, who has just received a "kill" from the tall net man opposite. Player No. 2 does not return the ball, but passes it to No. 1 or No. 3, according to their ability to "kill." Picture No. 5 shows player No. 5 using the angle pass to short passing man No. 3, who will re-pass to No. 2, best "kill" man. Good volley ball can not be played without accurate passing and the use of the passing game. Be careful not to hold the ball; it must be clearly batted, only touched momentarily. Heel of hand is hard to use, no control can be gained.



No. 7—EVERYBODY IN THE GAME; THE "KILL" AT NET. NOTE THAT FIVE MEN ARE OFF THE GROUND.
Stone, Photo.

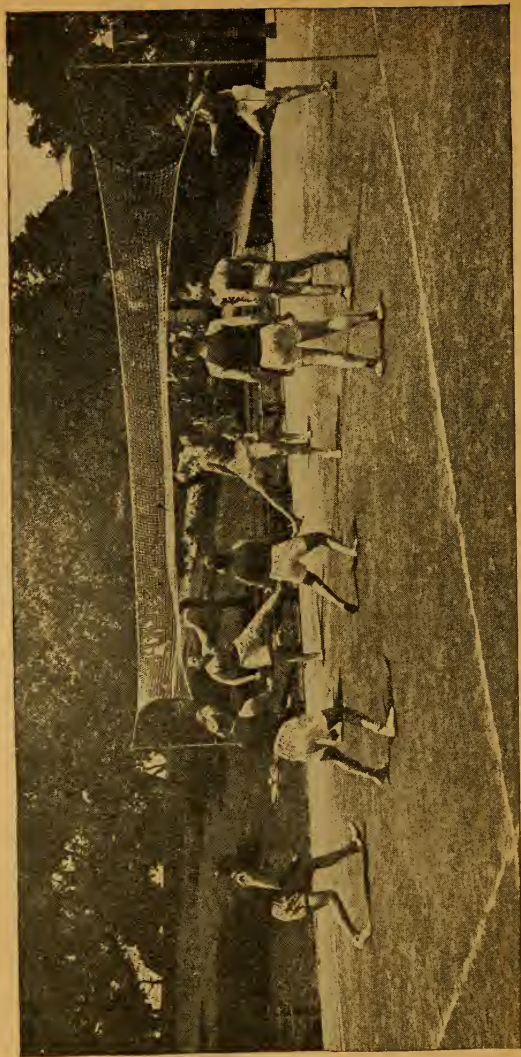
VIII. KEEPING IN THE GAME.

The participants in a game often measure its value and pleasure to them by the degree in which it requires their undivided attention, with the attendant recreational features which come from giving such attention. Volley ball, if it requires anything, needs just this application. Players must be on their toes and ready at all times. It is a good plan for those who are not playing the ball to cultivate the habit of taking a step, or being ready to step, toward the man who is either to pass, re-pass or "kill" the ball. He is then in more complete readiness to "save the ball." "Save it!" should be on the tongue of every player, as this often will bring a point which is apparently lost. The player who stands flat-footed and never receives or makes a pass, must be encouraged to get in the game, and can be encouraged if the ball is passed to him and he is thereby forced, if naturally reluctant, to get into the game. It is also a great advantage that players feel free to "talk the game up" during play. Exercise is more beneficial if there is a free use in an informal way of the vocal chords. Volley ball permits of this, as few other games do, in a true sport way, and can be called the noisy game.

It is important that players learn to keep their eyes on the ball. For example, the three players who are playing net should constantly turn around with expectancy to receive the ball, watching the ball while it is being passed or re-passed by players in the back court. Net men should never face straight ahead and expect men in the back court to return the ball over the net without their assistance. Too much stress cannot be put on the custom of taking a step toward the man who is playing the ball. Expect your team mate to partially miss every attempt and you will be in the game and save many fumbles, because the first step gives you the needed start. Players should cultivate a sense of proper position on the court and stay in their positions without allowing their own attention to be detracted from the game as it progresses.

IX. HIGH SPOTS IN THE RULES.

A. To waive the rule that the net shall not be touched is dangerous to the success of the game, both to beginners and to well developed teams. All match games must have a referee to keep score and to "call the net." In informal games where there is no available official to call net, this rule should be adhered to by individual players but not called by either team, each player striving to keep from any violations, especially on the "kill." It is poor practice to "waive" any official rules, and especially the "net rule."



No. 8—THE NET SHOULD NOT BE TOUCHED.

Stone, Photo.

B. Maintaining the same relative position of players as they rotate, which brings a different man to the serve and keeps all players in their proper positions, should be observed at all times. It is unsportsmanlike for best "kill" man to desire to remain at all times at the net; hence the rule to rotate.

C. It will be found that in most indoor courts the rule which requires both feet back of the line when serving will not be popular. Therefore, by mutual agreement of captains, it is desirable to permit, for clear and unobstructed service, the man who serves to stand with one foot on or back of the line, the other foot in the court. Where there is no gallery obstruction and plenty of room behind the line this does not apply.

D. BALL CLEARLY BATTED. Infringement on this rule is very common. Each player in passing or re-passing the ball should make an honest endeavor not to hold it, but to make a quick accurate lift if the ball is low, or shove if he meets it with a high reach. Keep in mind that you should clearly "bat" the ball.

E. The net will seldom be eight feet high unless the supports allow a fastening device of some kind, at least eight feet six inches.

X. COMMON MISTAKES MADE BY PLAYERS.

A. CARELESS SERVING. Better be sure of getting the ball over on the serve with good speed, well placed, over the net.

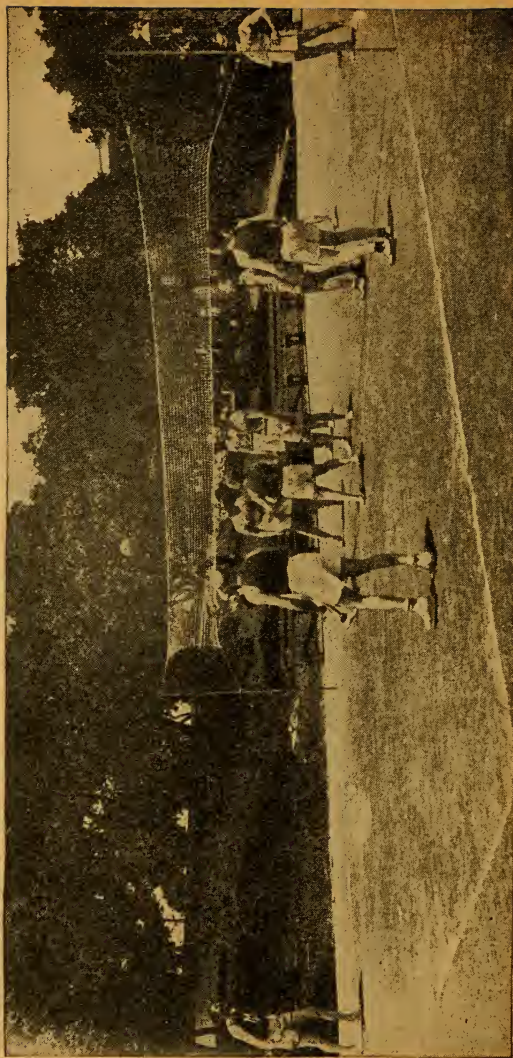
B. HOLDING THE BALL and not clearly batting it loses many points.

C. TOUCHING THE NET with shoulder when repassing the ball is also a source of constant loss if care is not taken.

D. PLAYING OUT OF POSITION is a mistake commonly made by players who have not the proper confidence in their team mates' ability to play the ball. This disorganizes the team. Every man should be allowed to play his position and make his own mistakes, and the player who runs amuck will cause more fumbles and lose more points than he will make.

E. BACKING AWAY FROM NET. Net men should never back up to play high ball. Back court men are responsible for all balls, whether service or returns, which are out of the ordinary reach of net men. Net man's duty is to turn around, watch the ball and the play and be ready to receive when pass is made.

F. NEGLECTING TO CALL SCORE. Point should not be scored when a "side-out" has been made. The side which has just won from side which has served receives ball and not a point. It is advisable to designate to one man on each team who will call



No. 9—ANOTHER RE-PASS AT NET.

Stone, Photo.

and agree upon the score as each point is made, where there is no official scorekeeper to attend to this duty.

XI. SIMPLE RULES ON TRAINING.

There are no doubt as many different sets of training rules as there are great authorities on the different branches of sport. Almost opposite rules in diet and training habits have brought good results in the same events to different athletes. In fact, since the days not far distant when the training tables were in use extensively in colleges and universities, we have found many articles of diet which were tabooed to be fine, and many other dishes which seemed good are no longer recommended. There are, however, some points upon which most of the eminent authorities, from Dr. Wiley to the late Mike C. Murphy, will agree and which every one who is striving for physical betterment should know.

Most important of all training rules is that we should cultivate the habit of making use of the good points which we know. In some of the great training camps of the United States, 40,000 men were known to make an average gain in weight of ten pounds. This was an astounding revelation in one camp especially, as it was found to be, of course, the result of regular eating of plain food, regular exercise, and regular and sufficient sleep. This army programme can not be improved upon, be the sport volley ball, tennis, base ball, basket ball or what not. These rules will apply to anyone who will give them a real trial; results that satisfy will follow. They are regular eating of plain food, regular exercise and plenty of regular sleep. A growing custom on the part of American people to be irregular in the three above mentioned fundamentals of health is today one of the greatest sources of concern among those who know of the conditions. Life in crowded cities where night is more lively than day is a menace to our nationality and represents the destruction or degeneration of our race.

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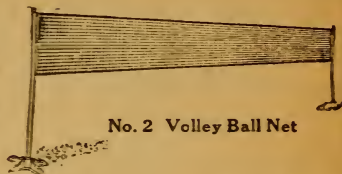


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